

**Amendments to the Claims:**

This listing of claims will replace all prior versions and listing of claims in the application.

**Listing of Claims:**

1. (Currently Amended) A training bench for cyclists, comprising a framework, said framework bearing having end, parallel, freely rotational end rollers or belts on which the wheels of the a bicycle will rest, and a central support on which the frame of the bicycle is cooperatively held will be held through the ease or easing of the pedal set or of any other portion of the frame, wherein said support is constituted of a platform assembled on the framework through transverse bars or guides, on which it can move in a free or regulated manner; which platform, from its upper base, has an elastically deformable anchoring system controllable by means of a servomechanism, serving as a holding base for holding a vertical column, provided with support means for the frame of the bicycle on its free end, said anchoring system acting as an absorption member to control the movement of the bicycle with regard to the platform and framework.
2. (Previously Presented) A bench according to claim 1, wherein said platform has one or more parallel through bores, perpendicular to the shaft of the elastically deformable support member, through which said parallel through bores platform is assembled on said transverse bars, with the capability of sliding thereon.
3. (Previously Presented) A bench according to claim 1, wherein said framework is constituted of two or more longitudinal bars, between which the end rollers or belts and said transverse bars are assembled.
4. (Previously Presented) A bench according to claim 1, wherein having a computerized motor-brake system in the rollers or belts, which allows for reproducing any situation of the road.
5. (Previously Presented) A bench according to claim 1, wherein both the elastic anchoring system and the movement on the transverse guides are controlled by computerized

servomechanisms for the purpose of using the system as a simulator with the minimum features.

6. (Previously Presented) A bench according to claim 1, wherein it has an auxiliary framing to facilitate the user in getting on the bench and to serve as support and safety grip during the use thereof.

7. (Previously Presented) A bench according to claim 1, wherein it has side rolling systems in the front and/or rear roller or belt.

8. (New) The bench according to claim 1, wherein the central support is connected to the pedal set casing.